

JAYBIRD EXPERIENCES

No. 6

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16 PAGES OF LIVE COLOR

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THE RARE HIPPIE EXPERIENCE
•
FUNTIME ON THE INNER GREEN
•
FLIGHT OF THE NAKED JAYBIRD
•
NUDITY: THE NEXT "IN" THING?



the bare hippie



experience

Last summer, in an impressive and colorful ceremony, the lesbian-buried Appalachians. They often resented from the Maister Ashbury district, and went on to the next level of growth. For what goal do they strive?





The hippies almost make a religion out of self knowledge. They do everything they can to discover the God that they are convinced dwells within every individual. They work to remove the barriers that men use to conceal their souls from themselves and from others.





They expose their minds, as well as their bodies, in the hope that such total honesty will help mankind to break through the unknown into a humanity-defying experience.





The "Saunic" Boom in Bathing

BY D. P. MARZANAR

The Finns have, for centuries, enjoyed a form of relaxation and bathing called the *Sauna*. With modern production supplying the materials, this unique bath is becoming a big American fad.



During a single week, over 50,000 American families enjoy the health and social benefits of sauna bathing. Since the sauna room is usually large enough to accommodate an entire family at once, many American women owners, like the Finns, have discovered sauna bathing to be an excellent family activity. Unpleasant busidleness and embarrassment over one's body seem to just go down the drain, so to speak, in the sauna room.

American interest in sauna bathing has done much to arouse inhibitions about being naked and natural, but this interest has come slowly. Although the sauna was introduced into the United States as early as the 1800's by Finnish lumberjacks and farmers in the old Northwest, it was not until the 1930's that construction companies offered pre-built saunas at reasonable rates. Before the 1930's, saunas were constructed in America pretty much as they had been in Finland for over a thousand years—of logs roughly hewn from the woods on one's own property.

The wood hut or cabin thus built is traditionally located near a lake or a cold stream which, as we will see, plays a major role in the Finnish way of bathing. Windows and doors of the traditional saunas are placed low so as little heat as possible will escape. Inside the sauna are two or three rows of benches at different levels on the wall. These benches are, of course, still a part of the modern sauna because they provide a platform on which bathers may lie while going through the stages of the bath.

Also inside the rustic sauna is a wood-burning stove on which stones are piled. Hardwood makes the best fuel for these stoves, and the fire is always lighted some while before the bath is actually taken, so that

the stones will have become sufficiently hot to connect heat evenly throughout the sauna room. After the fire dies down, the bather is ready to begin his full-bowling to an hour ritual of relaxation.

There are probably over 100,000 such traditional saunas here in Finland today, not to mention the number of modern saunas in suburban homes or in the basements of urban apartment buildings. The Finns like to use the sauna at least once a week, making Saturday "sauna day" in Finland.

The purpose of the sauna bath is much the same as the Turkish bath and other steam baths—with one major and all-important difference: *temperatures*. While all are based on the theory that perspiration is the best method of cleaning the skin, the Turkish bath is humid and sticky. The dry air in the sauna room, however, allows a bather to be comfortable in temperatures over 200°F. A hardy warrior of the sauna can withstand—and enjoy—temperatures up to 250°F.

The sauna should not be taken on a full stomach. The heat of the sauna steps up body circulation by drawing blood to the skin surface. Just after eating, the stomach needs blood for digestion. Batching within an hour after a full meal can result in "nauseas" throughout the body—just the opposite of how a sauna should make one feel.

Briefly, we will describe the various stages of the authentic sauna so you can see how it compares with the modern, Americanized, version.

First, when the sauna has "dipped" and the stones are quite hot, the bather begins with some bl-



ten or twenty minutes of perspiration. The temperature should be about 140°F to start. The bather should lie prone on one of the benches, in order for the heat to distribute itself equally over his body. In a sitting position, the head will necessarily receive more heat than the torso, and still more than the legs and feet. Lying is further recommended over sitting because lower muscles are relaxed, and the key to the sauna is using as little effort as possible; movements should be slow and deliberate to gain the maximum measure of relaxation.

The next phase is the production of steam by splashing water on the hot stones. This raises the humidity along with producing the fragrant vapor, but it should not be excessive. A 135°F temperature with a humidity level of 10% is very pleasant, whereas too much steam can drive a bather out of the sauna, regardless of how low the heat is.

The Finns take great stock in the third phase of the sauna—that of whisking their bodies with branches of birch leaves. The branches, about two feet long, are cut from the silver birch, tied together in a whisk or bundle, and dried. Whisking—slapping the branches against the body—begins at the shoulders and chest and continues downward, saving the feet and legs for last. Whisking stimulates blood circulation, as well as further loosening the dead skin which perspiration has softened.

Following the whisking, the bather washes all grime and perspiration from his body. It is common courtesy for a bather or a member of the family—one's sauna partner—to help the bather scrub his back, as this is often difficult for one to do oneself. Finns often lather the back whisks with soap, and use these to scrub the body clean. The birch leaves a fresh, woody fragrance on the body for many hours afterwards.

After rubbing, the body should, of course, be rinsed off in warm water. Now, the bather is ready to experience what is considered by some to be the best part of the sauna—the cooling off. Finns usually run naked out of the bathhouse and plunge headlong into a cool lake or roll themselves in the snow. If neither of these is possible, an ice-cold shower accomplishes much the same result even if it sacrifices part of the spirit of the sauna.

If the body has been sufficiently heated in the perspiring stage, and if the blood has been well circulated by whisking, there is never any danger that a bather will catch cold from the drastic changes in temperature, even though he is completely nude.

Drying off follows. Finns do not use a towel, preferring to stand in the open air or in the dressing room to dry off naturally. It is important that the body is thoroughly dry before dressing, however, otherwise "afterperspiration" may occur, and this can cause chills.

Finally comes the stage the Finns consider every bit





as important as any of the others—the rest period. The most pleasant experience after a traditional sauna is lying nude in the fresh air outside the bathhouse. Valerius' sauna bathers like to time their moment evening hours so that this rest period comes just as the sun is sinking over the lake, and the air is still and calm.

American sauna bathing is apt to be somewhat different from the Finnish model. First of all, temperatures are seldom as high in the American sauna. Most of the modern saunas in this country are electrically heated and have thermostat controls. The procedure for raising the heat is simply to climb to a higher bench.

However, the stones are retained as a part of the modern sauna, although no water is splashed upon them. Hurd, ignores states that wall not crack with the heat of the stove should be used. Rocks of this type, such as quartzite, are found along the shores of beaches and creeks. The stones should be somewhat larger than a man's fist and should be placed in a growing pile with the largest on the bottom.

Whisking is seldom a part of the American sauna, but Finnish bathers, realizing the benefits of stimulating the blood capillaries, will scrub themselves vigorously with a coarse washcloth to achieve exactly the same effect.

Often, too, rolling in the snow to cool off after the sauna is dispensed with, rarely because Americans, unlike Finns, does not have snow on the ground five months out of every year. Some portions of the country, in fact, never snow are snow. However, bathers who are fortunate enough to have their saunas at probably will usually take the opportunity to dash nude from their beds and plunge into the chlorine water. But many other Americans, with saunas built in a section of their garage or in the basement, must content

themselves with rolling off under an icy shower.

But what are the social and health benefits as often spoken of in the same breath with sauna bathing? For one thing, more and more Americans are becoming aware of the joys of nude living thanks, in part, to the sauna bath. As mentioned earlier, the sauna can be a fine family experience, and an experience so pleasant and informal that it is only natural to want to share it with friends. Today, many people are taking a hint from the Finns, and are inviting their friends over for a sauna much as they would invite them over for a barbecue or a dip in the pool.

The beneficial effects of the sauna on one's health are several. An arthritic doctor states that "the psychological effect of the sauna cannot be overemphasized." Another specialist reports, "The sauna increases psychological flexibility . . . in its heat, the mind is relieved of all pressure," and sterility problems are geared down to their usual proportions.

Besides the tranquillizing effect the sauna has on one's nervous system, the thermal perspiration induced by the dry heat of the sauna reduces one's weight. Pounds melt away while the perspiration provides a thorough cleansing of one's pores—something no hot tub bath or shower is capable of doing.

Finally, one's muscles are loosened and made supple again. When physical tension builds up from a hard day at the office or from the bending and lifting of housework, the sauna relaxes the body quickly and effectively, making one feel completely relaxed and in control again.

All the advantages of bathing the Finnish way begin to add up. Perhaps this is why the sauna movement is booming across the United States. If any one activity can be socially uplifting, physically beneficial, socially entertaining, and practical, too, well—90,000 Americans just can't be wrong! ■■■



Jay-Girls in the Wilds



Most of us, at one time or another, feel like breaking away from it all. If we are lucky, as these two Jaggirls are, we have a wooded retreat to which we can go. In these crowded times, we actually need over more than a hideout in a secluded glen. Society is so structured that we can go through our entire lives and encounter very little that is new. We arise in the morning, eat the same food for breakfast that we have every day, drive down the same streets to work while listening to the same radio programs. During an entire eight hours of work, we seldom see new people. We return home to spend an evening in much the same activities that occupy every evening of the year. Our lives are dominated by monotony.







There is great value to the mind in the inclusion of variety into our daily routines. Jayberding fits such a need; so does the association with people whose lives differ greatly from our own. Contrasts of interests serve to accent living and to keep us alert.





GAMBOL IN A GABLED GALLERY



Creative people are most at home in an atmosphere that is distinguished by social and aesthetic freedom. Artists of pen, brush, camera, and chisel usually find that they have at least one thing in common—a willingness to accept themselves and others as unique individuals. This open-mindedness extends to the approval of nudity. Many artists lay bare whenever possible.





These leaders in intellectual endeavor know that a permissive society is the only kind that is compatible with true creativity. The painter who is willing to be nude with his model will gain understanding of nakedness. Illustrations placed on an artist's personal freedom will result in a cut in his ability to produce really original works of lasting importance.



NOTHING BETWEEN US

It is always gratifying to learn what the final disposition is of a case which we have learned about in the daily papers. It is so often the habit of these publications to print big headlines about an accusation, and to print the settlement of the case, in which the defendant was acquitted, in a tiny one-inch notice on page 5.

A case in point is that of Patricia Brewer. After all the headlines about her posing for Cavalier, last year, she voluntarily left school opening a "hippie" shop not far from the campus. A few months ago, she was arrested on the charge of "selling obscene books."

The January 4, 1968, issue of the Miami, Florida, *News*, printed a short announcement that all the charges against Miss Brewer were filed incorrectly, and that she was cleared of them all. The case was dismissed, and Patricia is free to pursue her chosen occupation without, we hope, further harassment.



A similar situation took place in Des Moines, Iowa, towards the end of last year. Right in September, the City Council of Des Moines launched an investigation of "nude magazines." To quote the Des Moines, *Register-Tribune*:

"One of the magazines was a nationally-known publication that made centerfold under famous. The other two were of the nudist colony type."

"The councilmen later became somewhat embarrassed over the controversy they had stirred up and reportedly asked Riley (a corporation counsel, asked to study the matter) privately to drop the matter."

"Wednesday, Riley submitted a year-end report to the council on various legal matters. The last item read simply—"

"Three Magazines. I am not yet prepared to report on the matters referred to the Legal Department by Red Call Number case of Sept. 18, 1967."

"The councilmen received and filed the report without comment."

It is too bad that more cannot be made of such back-door acknowledgments that nudity is a part of human living. It is shocking to realize that those people who consider themselves to be obscure actually think that they are complying with God's will. You would think that they didn't know that all men (and women) are born naked!

LETTERS

On the facing page is a questionnaire which recently was sent to all members of Jaybirds Anonymous. The editors of JAYBIRD EXPERIENCES recognize that there is a continued need for two-way communication with our readers. We want to know what you think of our publication, and we wish to give future issues to more adequately satisfy your needs and wishes.

You, our readers, are the most important people in the world to us, and we would like to make JAYBIRD EXPERIENCES exactly what you want in an adult magazine. Many of you have, from time to time, sent letters in which you expressed your views. We warmly appreciate every one we have received. Each letter is welcome, and every suggestion is carefully considered.

We recognize that readers today are constantly faced with forms to fill out, and we understand that they can become quite a nuisance. However, the only way that we can find out what you want is through such a survey. We hope that you will take the small time needed to help yourself to an even better magazine than we now offer.

It is possible that you might consider some of the questions too personal. If so, please don't feel that you are compelled to answer them. You are certainly invited to answer only those questions which you feel are needed for complete expression of your opinion. Your vote, in whatever areas you choose to register it, will be important to us.

When you have completed the survey, please tear it out and mail it to:

Survey Editor
Jaybird Publications
P.O. Box 3213
North Hollywood, Calif. 91609

Dear Mrs. Bassford:

I just got the "free" issue of Jaybird Experiences in placing Woman's Home Jaybird. Thanks for making the change. I have to agree, after looking at four issues of women around the house, that it can get pretty boring. The new format is a lot more interesting. By the way, that article, "Our Nation's Foundations," was just too much!

Sincerely,
D.K., Cicero, Illinois

Dear Editor:

I certainly enjoyed the beautiful pictures of the mother and child on page 74 of the last issue of Jaybird Experiences. That sort of picture certainly says wonderful things about the naturalness of family nudity. My wife enjoyed the pictures, too.

Sincerely,
J.K., Omaha, Nebraska

1 AGE GROUP (circle one) under 21 22 to 25 26 to 35 36 to 45 46 to 55 over 55

2 GALL ☐ FEMALE ☐

3 MARRIED ☐ SINGLE ☐ DIVORCED ☐

4 EDUCATION (circle highest grade completed)
 Graduate school ☐ HS grad (or below) YES ☐ NO ☐
 High school 1 2 3 4
 College 1 2 3 4 Postgraduate studies ☐

5 Renting an apartment ☐ Renting a house ☐

Own (or leased) home ☐ Other (rented furnished by employer or in service) ☐

6 OCCUPATION _____

7 DO YOU BELONG TO A ROBERT BISHOPSON OR TO JEFFERSON ANTHONIO? YES ☐ NO ☐

8 HAVE YOU EVER VISITED A ROBERT BISHOP? YES ☐ NO ☐

9 HAVE YOU PARTICIPATED IN ANTHONIO IN THE COMPANY OF OTHER PEOPLE? YES ☐ NO ☐

10 IF YOU ANSWERS NO TO QUESTIONS 8 AND 9 HAS IT BEEN BECAUSE OF A LACK OF OPPORTUNITY OR OTHERWISE? YES ☐ NO ☐

11 IF THERE WERE A "FREE RUSH" OR JEFFERSON SWIMMING POOL IN YOUR AREA, WOULD YOU PARTICIPATE IN IT? YES ☐ NO ☐

12 LIST ANY CLUB, CHURCH, SYNDICATE, UNION OR OTHER ORGANIZATIONS TO WHICH YOU BELONG _____

13 THE BEST BOOKS YOU'VE READ _____

14 THE BEST MOVIES YOU'VE SEEN _____

15 MENTIONED WHICH YOU SUBSCRIBE TO, OR BUY REGULARLY _____

16 YOUR FAVORITE TELEVISION SHOWS _____

17 FEATURES — ARTICLES OR PHOTOS — YOU WERE MOST IN THIS ISSUE _____

18 FEATURES WHICH YOU LIKED LEAST IN THIS ISSUE _____

19 IF YOU'VE PREVIOUSLY PURCHASED AN ISSUE, IS THIS ISSUE BETTER ☐ UNCHANGED ☐ WORSE ☐

20 WHICH FEATURE CAUSED YOU TO BUY YOUR COPY _____

21 WE ARE CONSIDERING A VARIETY OF NEW FEATURES AND TYPES OF MATERIAL FOR FUTURE ISSUES. PLEASE CHECK THOSE WHICH YOU WOULD MOST LIKELY LIKE TO SEE INCLUDED AND ALSO THOSE WHICH WOULD INTEREST YOU IN BUYING THE MAGAZINE.

I would like to see _____ I would NOT like to see _____

☐ (a) Reviews of movies (pictures which contain adult exposure)

☐ (b) An advice column for those who have problems related to sex _____

☐ (c) Articles of personal interest will especially related to health _____

☐ (d) Health might range from how much to buying drinks, or _____

☐ (e) Health might range from how much to buying drinks, or _____

☐ (f) "Love Again, Queen" — love, love and options, love and _____

☐ (g) Interviews with the adult women whose photos appear in _____

☐ (h) Interviews with the adult women whose photos appear in _____

☐ (i) Photos of women who are not of the same sex _____

☐ (j) Photos of women who are not of the same sex _____

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ONE OF THE GREATEST BENEFITS OF
MYSTROING IS THAT SINGLE MEN
DON'T HAVE TO WAIT TO BE ADMITTED
TO HARD-TO-ENTER PUJOST CAMPS.

JAY-MEN IN THE WILDS





ANY SECURED spot can serve
as a satisfactory "place
in the sun" for anything
high. The body-releasing
experience of outdoor nudity
is available to anyone
who is willing to take one
or two simple precautions.
Just hunt or buy in an
area where two-story homes
aren't allowed, then put
up a high fence. If this
isn't possible, drive out
into the country, far from
neighbors and high rocks.
There privacy is possible.





TRIO ON A NAKED TRIP



We hear the phrase constantly these days: "It's really a trap," the hippies say, and they always seem to know what they mean. Yet no dictionary will provide us with an adequate definition. But the meaning is not as obscure as some people make it appear. If a person takes a "trap" into an area of life, he experiences the activity in all the fullness of which he is capable. He reveals as it goes to know all he can about it.







These residents of the artistic community located in the Big Sur often take nude "trips" into nature. They know nakedness as part of life. How can one commune with nature if one isolates the body by wearing clothes? They know the wonder of rough sand that touches, not only the bare feet, but the bare body as well. They recognize the necessity of total contact with the cold ocean bottom. They have learned that the eyes can tell them only of the visual beauty of the ocean. They know that their ears can pick up the distant calls of the birds and the peaching of the surf. Both are fun to experience.



A painting depicting three nude figures on a rocky, coastal landscape. One figure stands on the left, looking down at two other figures who are crouching or crawling on the rocks in the foreground. The background shows a body of water and a distant shoreline under a pale sky. The style is classical, with soft lighting and detailed anatomical rendering.

The skin has a message of
its own to send to the
receptive mind. Only full
nude contact with the
elements allows the skin to
do its work completely.
Rocks, sand, water, air—all
are more fully experienced
when the skin is uncovered.
Max, outdoor nudity is a "trip!"



We do not have a complete city, here in America, where joybirds can enjoy nude living at all times. There are such places, however, in Europe. Montbivert, in France, is the best known of such resort towns. All forms of business and recreation are available to the residents. Some joybirds in America have worked out a substitute for the total nude life. They open their establishments to other joybirds after the doors close at the day's end.







The great chronicler of the heyday of American boxing, George Bellows, also took time to draw exciting nudes.

by Robert Reffran

nudes

from a surprising source

In the days when "buds" were neighborhood pals for the men of the barrio, and sidewalk band their bones, and when the major topic of conversation was sports—and boxing in particular—the most popular sexual everywhere was the black-and-white box lithograph of the old champion, Jack Dempsey, being knocked through the ring ropes by challenger Firpo.

In those days things were a lot simpler, and there were few surprises. It was after the first World War and in America men looked like men and women looked like women. Men worked twelve hours a day and women stayed home. Heroes were easily identified, as were the "bad guys." There was no TV, the motion pictures were not instantly popular, and sports fans listened to radio for announcements, and read the newspapers for the leisurely full detailed story.

Few people cared to know who George Bellows was—other than the fact that the Dempsey-Firpo picture was his. It excited those who saw or heard about that fight and others like it. For a decade afterward, it still inspired men to remember "the good old days."

In the art world many people know George Bellows. He was, by turns, a chronicler of his era (in that he





FLIGHT OF THE NAKED JAYBIRD

The 60's have been called the "age of the jet," but only a limited number of modern people actually have flown in the speedy birds. These years could better be dubbed the "air age," for jets only travel between big population centers. Most people who seek seclusion in out-of-the-way places learn to consider the airplane as "regular transportation." The urge to travel and to do things demands that very little time be wasted in getting to "where the action is." Jaybirds who travel down into the Baja Peninsula often use the airplane, for automobile traffic is very slow and difficult on the rough, unpaved Mexican roads.







These little planes usually take off from the small airports that dot the edges of many of our cities. In Baja, they often will have to land on the road, the only level land around

